**Appendix #1: Interview Guide**

*I am now going to describe a FREE program that we plan on putting together that we think may improve the health of overweight older adults. As I stated at the beginning of the interview, our goal is to obtain as much information as we can from this initial research in order to help inform this future wellness program.*

*[Show a diagram outlining the program and give more detail if they ask you to do so.]*

1. *All sessions would occur in your own home.*
2. *We will give all participants a tablet [refer to tablet] and via video conferencing we can see them and they can see us. We would help set things up by connecting the tablet to the internet. So instead of coming into the clinic, everything will be done over the internet, in the comfort of your own home.* 
   * *We will be able to monitor your physical activity progress and strength progress through the Amulet device (via its connection to the tablet, and hence, the internet).*
3. *The program will have three contact sessions per week*
   * *One session per week of nutrition counseling with a dietitian for 15-20 minutes;*
   * *Two physical therapy sessions per week in a virtual group setting, with each session lasting about one hour.* 
     + *During these interactive group sessions, participants will be able to see the physical therapist and the physical therapist will be able to see them. All group participants will be able to see each other if they choose to do so.*
4. *Participants will be encouraged to participate in their own physical activity outside of these sessions.*
5. What do you think the benefit of this program would be?

*Probes:*  What might be the appeal of participating in a program consisting of a dietician? A physical therapist? This Amulet device?

1. What are other important elements that I have not mentioned should be integrated into this program?
2. What do you think might get in the way of older adults participating in this program?

*Probe:* Any foreseeable problems with the program (i.e. time, etc)

1. Do you see any downsides to participating in this program? If so, what are they?

*Probe:* Do you see any potentially negative side effects or other concerns?